

PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Intervention Name:	<i>Be Proud! Be Responsible! Be Protective!</i> (Strategies to Empower Youth to Reduce Their Risk for HIV/AIDS)
Developer:	Deborah Koniak-Griffin, RNC, EdD, FAAN; and Judith A. Stein, PhD
Program Description:	<p><i>Be Proud! Be Responsible! Be Protective!</i> is an adaptation of the <i>Be Proud! Be Responsible!</i> program targeting adolescent mothers or pregnant girls. The curriculum emphasizes the role of maternal protectiveness in motivating adolescents to make healthy sexual decisions and decrease risky sexual behavior. It also encourages adolescents to take on sexual responsibility and accountability and increases awareness of the effects of HIV/AIDS on inner city communities and their children.</p> <p>The intervention aims to affect knowledge, beliefs, and intentions related to condom use and sexual behaviors such as initiation and frequency of intercourse. It also addresses the impact of HIV/AIDS on pregnant women and their children, the prevention of disease during pregnancy and the postpartum period, and special concerns of young mothers.</p> <p>Component 1: Curriculum</p> <p>This curriculum focuses on maternal protectiveness as a tool to decrease or eliminate sexual risk-taking behaviors. It consists of four modules:</p> <ol style="list-style-type: none">1: Life Planning and Parenting2: Communication3: Handling Emotions4: Staying Healthy <p>The program is delivered through structured activities, group discussions, viewing of videotapes, and role-play. It is delivered in four interactive two-hour sessions that use culturally and developmentally relevant materials.</p>
Target Population:	Available information describes the target population as pregnant minors or young female parents.
Curriculum Materials:	Program materials are available by contacting Deborah Koniak-Griffin, RNC, EdD, FAAN, UCLA School of Nursing at dkoniak@sonnet.ucla.edu .

Training and TA: No information is available.

Research Evidence¹

Study Citation: Koniak-Griffin, D., Lesser, J., Nyamathi, A., Uman, G., Stein, J. A., & Cumberland, W. G. (2003). Project CHARM: An HIV prevention program for adolescent mothers. *Family and Community Health*, 26, 94-107.

Population Evaluated: Pregnant or parenting female adolescents in grades 7 through 12

- Mean age 16.7 years
- 78% Hispanic, 18% African American, and 4% other

Setting: Schools in four school districts in Los Angeles County, California

Study Findings: At the 6-month follow-up: adolescents participating in the intervention reported having significantly fewer sexual partners in the previous 3 months.

¹ This summary of evidence is limited to studies of the intervention meeting the inclusion criteria and evidence standards for the Pregnancy Prevention Research Evidence Review. Findings from these studies include only those showing a statistically significant positive impact on sexual risk behavior or its health consequences. Studies may present other positive findings beyond those described; however, they were not considered as evidence for effectiveness because they focused on non-priority outcomes or subgroups, did not meet baseline equivalence requirements, or were based on follow-up data with high sample attrition. For additional details on the review process and standards, see the review's Technical Documentation.